

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (currently amended): A system for baking, comprising:

a thin-walled bottom of thickness ranging from about .4mm to about 2mm;  
a thin-walled top, for engaging with and enclosing the thin-walled bottom;  
wherein the thicknesses of the thin-walled bottom and the thin-walled top effect fast heat transfer internally into the system substantially through the entirety of the thin-walled bottom and thin-walled top and the thin-walled bottom combined with the thin-walled top effects convective heating internally inside the system.

Claim 2 (original): The system of claim 1, wherein:

the thin-walled bottom includes a substantially curvilinear shell; and  
the thin-walled top also includes a substantially curvilinear shell.

Claim 3 (original): The system of claim 1, further comprising:

an implement fixture attached to the top, useable for removing the top from the bottom and engaging the top with the bottom.

Claim 4 (original): The system of claim 1, further comprising:

a handle attached to the bottom, useable for handling the bottom.

Claim 5 (original): The system of claim 1, further comprising:

at least one detent of the bottom; and

at least one notch of the top;

wherein the detent is engageable with the notch to locate the top to the bottom.

Claim 6 (currently amended): A system for cooking, comprising:

a concave pan having an upper opening;

a ~~concave~~ convex lid engageable with the pan to cover the upper opening;

wherein the pan and the lid each have a substantially uniform thickness selected from the group consisting of: if aluminum, about 1.4mm to about 2mm; and if stainless steel, about 0.4mm to about 0.7mm; and

respective relatively uniform thicknesses of the pan and the ~~top~~ lid effect fast heat transfer internally to the internally curvilinear surfaced enclosure over substantially the entirety of the enclosure and the top engaged with the pan effects convective heating internally within the internally curvilinear surfaced enclosure.

Claim 7 (currently amended): The system for cooking of claim 6, further comprising:

a ~~convex~~ concave inside of the pan enterable via the upper opening; and

a convex inside of the lid;

wherein the pan and the lid are engageable to form an internally  
curvilinear surfaced enclosure.

Claim 8 (canceled).

Claim 9 (original): The system of claim 8, further comprising:

an implement fixture fixed to the lid, having an tine fixture.

Claim 10 (original): The system of claim 9, further comprising:

a handle fixed to the pan.

Claim 11 (currently amended): A fixture for engaging a top of a cooking utensil,  
comprising:

a strip with a mediate extension, wherein the extension is formed with a  
central slit;

a tine rib on the strip; and

at least one pin for attaching the strip to a curved surface of the top.

Claim 12 (original): The fixture of claim 11, wherein the strip is curved to extend  
above the curved surface when attached thereto.

Claim 13 (currently amended): The fixture of claim 12, wherein the central slit of the mediate extension is sized to accept therethrough the cooking utensil in an engaging manner with the tine rib, to permit movement of the strip by moving the cooking utensil engaged with the strip, thereby moving the top by handling and moving the cooking utensil.

Claim 14 (currently amended): A method of cooking a food, comprising the steps of:

enclosing the food in a shell;

locating the shell directly in a multi-directional heat source directed substantially around the entirety of the shell;

directing multi-directional fast heat transfer into and through the shell substantially across the entirety of the shell, via the multi-directional heat source;

and

circulating a heated gas within the shell for convective heat to the food.

Claim 15 (original): The method of claim 14, further comprising the steps of:

supplying a curvilinear pan of thin thickness;

placing the food in the curvilinear pan; and

engaging a curvilinear top of thin thickness atop the pan to form an enclosure.

Claim 16 (original): The method of claim 14, further comprising the steps of:  
re-using the shell for cooking.

Claim 17 (original): The method of claim 15, further comprising the step of:  
re-using the pan and the top for cooking.

Claim 18 (original): The method of claim 14, further comprising the step of:  
serving the food inside the shell.

Claim 19 (original): The method of claim 15, further comprising the step of:  
serving the food inside the pan.

Claim 20 (original): The product cooked food of the method of claim 14.

Claim 21 (original): The product cooked food of the method of claim 15.